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PPG-TAB A: AMPLIFICATION OF THE MINIMAL STANDARDS OF FITNESS FOR DEPLOYMENT TO THE CENTCOM AOR; TO ACCOMPANY MOD 8 TO USCINCCENT INDIVIDUAL PROTECTION AND INDIVIDUAL/UNIT DEPLOYMENT POLICY

1. General. This tab accompanies MOD 8 Para 15.G., and provides amplification of the minimal standards of fitness for deployment to the CENTCOM AOR, including a list of medical conditions that should be sufficient to deny medical clearance for or to disapprove deployment of a civilian employee, volunteer, or contractor's employee. The list of conditions is not comprehensive; there are many more conditions that could be cause to deny medical clearance for deployment. Possession of one or more of the conditions listed in this chapter does not automatically mean that the individual may not deploy. Rather, it imposes the requirement to obtain a knowledgeable physician's opinion as to the deployable status of the individual. "Medical conditions" as used here also include those health conditions usually referred to as dental, oral, psychological and/or emotional. Uniformed Service Members will be evaluated for fitness according to service regulations and policies, in addition to the guidance in the parent PPG Modification (MOD). The services' parent regulations are as follows. Army: AR 40-501, Standards of Medical Fitness, February 2004; Air Force: AFI 48-123, 22 MAY 2001, Medical Examinations And Standards; Navy: NAVMED P-117, The Manual of the Medical Department; Marine Corps: NAVMED P-117, article 15-5; Coast Guard: Medical Manual, COMDTINST M6000.1B; and Assistant Secretary of Defense Memorandum titled, "Policy Guidance for Deployment-Limiting Psychiatric Conditions and Medications" dated 07 NOV 06.

2. The medical authority evaluating a member for deployment must bear in mind the following facts:

- Medical care in theater is not as robust and amply available as that in the continental U.S. If maintaining an individual's health requires frequent or intense medical management and/or specialist care, laboratory testing, or ancillary services, they should not deploy.
- The individual must take all required medications and medical supplies with him or her. Replacements may not be available in the theater formulary.
- Medical maintenance support for personal medical devices (e.g., TENS, CPAP) is not available. Common household electrical current (110V AC) is not universally or consistently available.
- In addition to the individual's duties, the environmental conditions include extremes of temperature, physiologic

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demand (water, mineral, salt, and heat management), and poor air quality (especially particulates), while the operating conditions impose extremes of diet (to include fat, salt, and caloric levels), discomfort, sleep deprivation, emotional stress, and circadian disruption. If maintaining an individual's health requires avoidance of these extremes or excursions, she/he should not deploy.

3. The rules and facts listed in para 2 should assist the evaluating medical authority to make qualified judgements as to whether a condition should be approved. Any medical condition that markedly impairs an individual's daily function is grounds for disapproval. Evaluation of functional capacity to determine fitness in conditions of physiologic demand is encouraged to make a decision, such as graded exercise testing when there is coronary artery disease or significant risk thereof. The evaluating care provider should pay special attention to hematologic, cardiovascular, pulmonary, orthopedic, neurological, endocrine, dermatological, psychological, visual, and auditory conditions which may present a hazard to the individual or others and/or preclude performing functional requirements in the deployed setting. Also, the amount of medications being taken and their suitability and availability in the theater environment must be considered.

4. Nothing in this guidance document should be construed as authorizing use of defense health program or military health system resources for such evaluations if it is not elsewhere previously authorized. Generally, defense health program or military health system resources are not authorized for the purpose of pre-deployment or travel medicine evaluations for contractor employees. Local command, legal, and resource management authorities should be consulted for questions on this matter.

5. The general guidance from the parent personnel policy guidance document section 15G applies:

A. All personnel (uniformed service-members, government civilian employees, volunteers, and contractor employees) deploying to theater must be medically and psychologically fit for deployment and possess a current physical per MOD 8 paragraphs 15.G.3 and 15.G.4. Fitness specifically includes the ability to accomplish the tasks and duties unique to a particular operation, and ability to tolerate the environmental and operational conditions of the deployed location.

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B. Personnel who have existing medical conditions may deploy if all of the following conditions are met:

1) The condition(s) is/are not of such a nature that a physical injury or unexpected worsening is likely to have a medically grave outcome.

2) The condition(s) is/are stable; that is, currently under medical care, and reasonably anticipated by the pre-deployment medical evaluator not to worsen during the deployment under available care in theater, in light of physical, physiological, psychological and nutritional impacts and effects of the duties and location.

3) Any required ongoing health care or medications must be immediately available in-theater within the military health system, and have no special handling, storage or other requirements (e.g., cold chain, electrical power required).

4) No need for duty limitations or accommodation is imposed by the medical condition. (The nature of the accommodation must be considered. The theater (Component/JTF) surgeon is the appropriate authority to evaluate the suitability of the individual vis-a-vis needed limitations in theater.)

6. Documented medical conditions precluding medical clearance. *The medical evaluator must carefully consider whether the climate, altitude, nature of available food and housing, availability of medical, behavioral health, dental, surgical, and laboratory services, or whether other environmental and operational factors may be hazardous to the deploying person's health because of a known physical condition.* Medical clearance to deploy for civilians with any of the following documented medical conditions should be granted only after consultation with the appropriate CENTCOM Service Component (ie, ARCENT, CENTAF, etc) Surgeon. The Service Component Surgeon will determine if adequate treatment facilities and specialist support is available at the duty station. If personnel who are obviously medically unfit for deployment are found deployed, contact the CENTCOM Surgeon with details of the case. While a list of all possible diagnoses and their severity that should not be approved would be too expansive to list here, the following conditions, in general, should not be approved:

A. Conditions which prevent the wear of personal protective equipment, including protective mask, ballistic helmet, body armor, and chemical/biological protective garments,

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- regardless of the nature of the condition that causes the inability.
- B. Conditions which prohibit required theater immunizations (other than smallpox & anthrax per current guidance) or medications (such as antimalarials and other chemoprophylactic antibiotics).
 - C. Conditions or current medical treatment or medications that contraindicate or preclude the use of chemical and biological protectives and antidotes per MOD 8 paragraph 15.B.3.
 - D. Diabetes mellitus, Type I or II, on pharmacological therapy.
 - E. Symptomatic coronary artery disease, or with myocardial infarction within one year prior to deployment, or within six months of coronary artery bypass graft, coronary artery angioplasty, or stenting.
 - F. Morbid obesity ($BMI \geq 40$) in accordance with National Heart Lung and Blood Institute guidelines. Military personnel in compliance with body fat guidelines do not require a waiver.
 - G. Dysrhythmias or arrhythmias, either symptomatic or requiring medical or electro-physiologic control.
 - H. Uncontrolled hypertension, current heart failure, or automatic implantable cardiac defibrillator
 - I. Therapeutic anticoagulation
 - J. Malignancy, newly-diagnosed or under current treatment, or recently diagnosed/treated and requiring frequent subspecialist surveillance, examination, and/or laboratory testing.
 - K. Dental and oral conditions requiring or likely to require urgent dental care within six months' time, active orthodontic care, conditions requiring endodontic care, uncontrolled periodontal disease, conditions requiring prosthodontic care, conditions with immediate restorative dentistry needs, conditions with a current requirement for oral-maxillofacial surgery.
 - L. New-onset (less than one year) seizure disorder, or seizure within one year prior to deployment.
 - M. History of heat stroke
 - N. Meniere's disease or other vertiginous/motion sickness disorder, unless well controlled on medications available in theater
 - O. Recurrent syncope
 - P. Ataxias
 - Q. New diagnosis (less than one year) of mood disorder, thought disorder, anxiety, somatoform, or dissociative

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disorder, or personality disorder with mood or thought manifestations.

- R. Unrepaired hernia
- S. Tracheostomy or aphonia
- T. Renolithiasis, current
- U. Active tuberculosis
- V. Pregnancy
- W. Unclosed surgical defect, such as external fixeter placement
- X. Requirement for medical devices using AC power
- Y. HIV antibody positivity, that has been confirmed, is disqualifying for deployment.
- Z. Psychotic and Bipolar Disorders are disqualifying for deployment.

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